



Nursing Manners

Twiddling, shirt pulling, pinching, fidgeting, "niplash", nursing gymnastics, and more. While all of these behaviors are normal, they can certainly be unwanted or even painful. Luckily, there are strategies for helping to establish good breastfeeding manners.

Start early

Putting in the effort to stop unwanted behaviors like twiddling in the beginning is more effective than waiting until it grows into a more ingrained habit.

Wait it out

Often these behaviors are a phase that they will eventually outgrow.



Distract + Redirect

Find alternatives like playing with a necklace or soft toy. Talk to them or read a book to shift their attention.

Communicate

Older babies and toddlers can sign for "milk" or "please" rather than pulling at your top. Praise them for gentle nursing, but also set firm boundaries and communicate those boundaries clearly. For example, "I can't nurse you while you wiggle. Let's go play and get the wiggles out. Then we can nurse in a little while."